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Claims

1. Orthopaedic bench for improving therapeutic condition of a user's spine or back by decompression, comprising:

a resting member (2) having a surface to lie supine on and being curved such that, in a user's rest position, the user's head is orientated downwards to a first end of the surface; and

a supporting member (1) for supporting the resting member (2) such that the surface of the resting member (2) is inclined relative to a floor on which the bench (1) is to be put;

characterized in that

the supporting member is formed such that the surface has a height (4) at a second end thereof, the second end opposing the first end, such that in the user's rest position the user can put his/her feet on the floor while the user's knees are bent and higher than the user's spine or back relative to the floor.

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2. Orthopaedic bench according to claim 1, characterized in that the height (4) is such that the user's knees are higher than a plane of the user's spine or back.
3. Orthopaedic bench according to claim 1 or 2, characterized in that the surface has two zones with different friction coefficients, a first zone (2) having a first friction coefficient, and a second zone having a second friction coefficient higher than the first friction coefficient and being arranged at the second end of the surface.
4. Orthopaedic bench according to one of claims 1 to 3, characterized in that the bench is free of concentration zones straining the user's joints or ligaments.
5. Orthopaedic bench according to one of claims 1 to 4, characterized in that the curved surface is composed of a plurality of plane surfaces connected to each other.
6. Orthopaedic bench according to claim 5, characterized in that the surface is composed of three plane surfaces, wherein an inclination angle, relative to the floor, of each is decreasing from the first end to the second end of the surface.
7. Orthopaedic bench according to one of claims 1 to 6, characterized in that the surface is orientated substantially parallel to the floor at the second end thereof.
8. Orthopaedic bench according to one of claims 1 to 4, characterized in that the surface is curved convex.

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